



ROYAL
VOLUNTARY
SERVICE

SAUSAGE AND GUINNESS STEW WITH IRISH BOXTY

by Alison Crouch

Ingredients

For the Sausage and Guinness Stew

- 1 tbsp vegetable oil
- 6 good-quality pork and herb sausages
- 6 shallots halved
- 2 carrots, sliced
- 4 rashers smoked streaky bacon, chopped
- 1 tbsp plain flour
- 1 tbsp tomato purée
- 300 ml Guinness
- 150ml beef stock
- 125g mushrooms, halved
- A handful of kale, shredded
- 3 tbsp fresh parsley leaves, to garnish



Method

- 1. Heat the oil in a large casserole or deep, wide frying pan over a medium-high heat. Add the sausages and cook for 6-8 minutes, until browned all over.**
- 2. Add the shallots, carrots and bacon to the sausages in the casserole and cook, stirring, for 5 minutes.**
- 3. Stir in the flour and tomato purée and cook for 1 minute. Pour in the Guinness and stock. Add the mushrooms. Simmer for 20 minutes, stirring occasionally, and season to taste.**
- 4. Stir in the kale. Stir periodically to avoid the flour sticking.**
- 5. Simmer for a further 10 minutes, until the sausages are cooked and the sauce has thickened. Garnish with parsley and serve with boxty.**



Ingredients

For the Irish Boxty

- 130g mashed potatoes
- 130g grated raw potatoes
- 125g plain flour
- ½ tsp baking powder
- 200ml buttermilk
- butter for the griddle
- salt and pepper
- vegetable oil

Method

1. Combine the mashed potato with the grated raw potatoes in a large mixing bowl. Add the flour and baking powder then mix well. Add buttermilk.
2. Mix the ingredients well enough to form a very thick, soft dough. If necessary, use more buttermilk. Season well.
3. Place a griddle or nonstick frying pan over medium-high temperature, and melt a pat of butter with the oil. Scoop out some of the potato mixture onto the hot surface.



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4. You'll want to turn them occasionally, so they don't burn.

5. Add a bit of butter and cook the boxty until the batter is cooked through. Serve hot.

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